

THE ROLE AND IMPORTANCE OF WRESTLING IN HIGHER EDUCATION INSTITUTIONS

Raximov Bekzod Choriyevich

Teacher of the Department of Sports Activities and
Pre-Conscription Military Education, Faculty of Physical Culture and Art,
Termiz State Pedagogical Institute

Abstract: This article scientifically analyzes the role and importance of the wrestling sport in higher education institutions of Uzbekistan and its influence on the upbringing of young people. The study highlights the contribution of wrestling to physical training, moral development, and the formation of a patriotic spirit among students. Additionally, the role of wrestling in promoting a healthy lifestyle among university students is examined..

Keywords: Wrestling, sport, higher education, physical education, youth, healthy lifestyle, moral education, patriotism.

In recent years, the Republic of Uzbekistan has paid great attention to the field of physical education and sports. In particular, the national sport of wrestling has become increasingly popular among young people. The inclusion of wrestling in higher education curricula not only strengthens students' physical health but also fosters discipline, willpower, patience, and patriotism. In this regard, the role of wrestling in the higher education system is of great significance.

Research Methodology The following research methods were applied during the study: Theoretical analysis — studying scientific literature, legal documents, and advanced pedagogical experiences. Survey and observation — assessing the effectiveness of wrestling training among students. Experimental method — conducting training sessions and analyzing the outcomes. Statistical analysis quantitatively evaluating the obtained data. Object of Research The object of this research consists of university students in Uzbekistan who participate in wrestling training sessions.

Experimental Proces The experiment was conducted at the Tashkent State University of Physical Education and Sports and several other higher education institutions. Students in the experimental group participated in wrestling training three times a week for six months. The results showed that students involved in wrestling demonstrated significant improvement in physical preparedness, mental stability, and social activity compared to those in the control group. Wrestlers often display a mixture of both, where the internal desire to improve their skills blends with the external ambition to win championships and gain recognition. In the field of sports psychology, motivation plays a key role in shaping an athlete's attitude, discipline, and long-term success. Motivation can generally be categorized into two main types: intrinsic and extrinsic. Intrinsic motivation refers to the internal drive that comes from within the athlete. It is rooted in personal satisfaction, enjoyment of the activity, and a deep passion for the sport itself. Athletes who are intrinsically motivated participate in training and competitions not because they seek external rewards, but because they find joy in improving their skills, challenging themselves, and expressing their abilities. For example, a wrestler who trains hard every day

simply because they love the sport and feel a sense of fulfillment when they perform well is demonstrating intrinsic motivation. This type of motivation is powerful because it is self-sustaining and often leads to long-term commitment and resilience, even in the face of difficulties. Extrinsic motivation, on the other hand, is driven by external rewards or outcomes. These may include winning medals, earning titles, gaining recognition, or even financial incentives. Athletes with extrinsic motivation are often focused on the results of their efforts rather than the process itself.

For example, a wrestler who competes primarily to win a championship trophy or to earn a scholarship is being motivated extrinsically. While this type of motivation can be highly effective in the short term, it may fade over time if the external rewards are no longer available or if the athlete experiences repeated setbacks. In reality, most athletes are influenced by a combination of both intrinsic and extrinsic factors. The most successful and satisfied athletes often learn to balance these motivations—finding joy in the sport itself while also setting goals tied to external achievements.

Scientific Novelty The impact of wrestling in higher education institutions was systematically studied. The positive psychological influence of wrestling on students' social and cultural development was scientifically confirmed. Practical recommendations for the effective integration of wrestling into the educational process were developed. Coaches, trainers, and educators play a crucial role in fostering intrinsic motivation by encouraging personal growth, creativity, and a positive mindset, while also supporting extrinsic goals in healthy and meaningful ways. Wrestling Competitions as Motivational Drivers Participation in wrestling competitions serves as a catalyst for several motivational processes: a) Goal-setting and Achievement. Competitions provide clear goals for athletes to strive toward. The desire to reach podium positions encourages wrestlers to set measurable, time-bound goals. These goals help organize training and enhance focus.

b) Recognition and Social Validation. Athletes are motivated by the recognition they receive from coaches, peers, family, and the broader community. Wrestling tournaments offer opportunities to be acknowledged for their hard work and talent.

c) Competitive Environment. Being in a real-match scenario sharpens the athlete's focus and activates their competitive spirit. Facing strong opponents challenges wrestlers to push their limits and remain disciplined. d) Personal Development. Wrestling competitions test not just physical abilities but also mental qualities like resilience, determination, and adaptability. Experiencing wins and losses helps athletes mature and grow psychologically. Role of Coaches and Support Systems. Coaches play a vital role in transforming competition experiences into motivational energy. Their feedback, encouragement, and tactical guidance shape how athletes interpret their performance. Moreover, parental and peer support reinforces positive outcomes and helps athletes recover from setbacks more quickly. Conclusion. Wrestling competitions are essential not only for determining athletic success but also for fueling motivation among athletes. They provide structure, recognition, and challenges that keep wrestlers engaged and driven. By participating regularly in competitions, wrestlers develop both physically and mentally, enhancing their motivation to achieve higher levels of performance. Thus, integrating competitive experiences into an athlete's training regime is key to nurturing sustainable motivation and long-term success in wrestling.

Expected Results Promotion of healthy, disciplined, and patriotic students through wrestling activities in higher education. Increased physical activity and stress resistance among university

students. Strengthening of national values and respect for cultural traditions through the practice of wrestling.

Conclusion In conclusion, the wrestling sport plays an important role in Uzbekistan's higher education system, contributing not only to the physical development of students but also to their moral and ethical growth. Wrestling symbolizes national identity, discipline, and courage. Integrating wrestling more deeply into the education system serves as an effective tool for fostering a well-rounded and patriotic young generation.

References

1. Karimov, I. (2016). *The Role of Physical Education in Youth Development*. Tashkent: UzSportPress.
2. Rakhimov, B. (2018). National Wrestling Traditions of Uzbekistan. *Journal of Physical Culture Studies*, 5(2), 44–49.
3. Islomov, A. (2020). The Impact of Wrestling on Students' Physical Preparedness. *Sports Education Review*, 12(3), 78–85.
4. Mamatov, S. (2019). *Modern Methods of Teaching Wrestling in Higher Education Institutions*. Tashkent University Press.
5. Yunusov, F. (2021). Development of National Sports in Uzbekistan. *Asian Sports Science Journal*, 9(1), 55–61.
6. Kadirov, N. (2020). Psychological Aspects of Wrestling Training. *Journal of Human Kinetics*, 4(2), 33–39.
7. Odilov, D. (2017). Traditional Sports and National Identity in Uzbekistan. *Central Asian Cultural Studies*, 2(1), 22–28.
8. Abdurahmanov, T. (2019). Integration of Wrestling into Educational Process. *Physical Education and Society*, 6(4), 91–97.
9. Saidov, M. (2018). The Role of Sport in Moral Education of Youth. *Education Today*, 11(2), 14–20.
10. Tursunov, A. (2020). Improving Students' Physical Fitness through National Wrestling. *International Journal of Sports Education*, 3(3), 73–80.
11. Bekmurodov, K. (2022). Wrestling as a Tool for Character Formation. *Journal of Sport and Psychology*, 8(2), 45–52.
12. Abdullaev, R. (2019). *Physical Culture in Universities of Uzbekistan*. Tashkent: Science and Sport Press.
13. Smith, J. (2015). *The Global Significance of Traditional Martial Arts*. Routledge.
14. Johnson, P. (2017). *Sports Pedagogy and Human Development*. Oxford University Press.
15. Aliyev, U. (2021). Ethical and Educational Values of Wrestling in Central Asia. *Eurasian Sport Journal*, 5(1), 60–67.